

Phenomenological study of murottal therapy to overcome anxiety in unwanted pregnancy

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Abstract. Background: The prevalence of unwanted pregnancies is quite high, and unwanted pregnancies can cause stunted growth and anxiety that can have a negative impact on the health of the mother and fetus. One way to overcome this is through murottal therapy. The aim is to overcome the level of anxiety in pregnant women through spiritual relaxation methods that can provide peace. **Method:** This study used a quantitative method with a phenomenological design to determine anxiety and how to overcome it through murottal therapy. Participants were selected by purposive sampling, involving 2 patients with anxiety due to unwanted pregnancies. Data collection was carried out through interviews, questionnaires, documentation, anxiety scale tests with Generalized Anxiety Disorder (GAD), and observation, in the period from 11 to 20 July 2024. **Results:** The results showed that after being given murottal therapy of Surah Mryam, Al-Mu'minun, and Surah Ar-Rahman for seven days in the morning and evening, there was a decrease in anxiety in each respondent. The anxiety score before murottal therapy showed a category of severe anxiety, while after murottal therapy showed a decrease in the anxiety scale to minimal anxiety or no anxiety. **Conclusion:** Based on the research results, it was found that there was a decrease in anxiety by using the murottal therapy method so that each respondent was able to experience a decrease in anxiety.

1 Introduction

The World Health Organization (WHO) estimates that of all women who experience unwanted pregnancies, 4 million of them experience miscarriage, 42 million experience abortion, and 34 million experience unwanted pregnancies. Women die every year reaching 80,000, and deaths in developing countries reach 95% of deaths. The incidence of unwanted pregnancies is 38% worldwide or around 80 million pregnancies per year. In 2022, an estimated 21 million girls in developing countries will become pregnant each year and around 12 million will give birth, in Indonesia the high rate of unwanted pregnancies reaches 17.5% (1).

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According to the 2017 Indonesian Demographic and Health data, the prevalence of unwanted pregnancies in Indonesia reached 14%, higher than the 2013 Basic Health Research data from the Ministry of Health which was only 5.8%. In Indonesia, the prevalence of unwanted pregnancies is still quite high, with the Indonesian Demographic and Health Survey (SDKI) reporting around 4.6 million cases. In addition, the 2018 National Health Survey showed that around 8.5% of women of childbearing age in Indonesia experienced unwanted pregnancies (3).

Unintended pregnancy affects the mental, emotional, and physical health of the mother and fetus, and can cause stunted growth. Mothers with this pregnancy tend to receive less ANC check-ups, especially unmarried adolescent girls who try to hide their condition. Mothers with toddlers are also at higher risk of experiencing anxiety and emotional impacts. Anxiety can also occur in married mothers who have poor relationships with their in-laws, especially if the in-laws uphold customs that are not believed in by the daughter-in-law. This can cause anxiety, depression, stress, and decreased life satisfaction, even triggering the desire to abort the pregnancy. Anxiety in pregnancy can appear in the form of cognitive, motor, somatic, and affective disorders, which have an impact on the mother and fetus, as well as the labor process. There are several ways to deal with this, but researchers chose to use Al-Qur'an murottal therapy with the letters Maryam, Al-Mu'minin, and Ar-Rahman to reduce anxiety in unwanted pregnant women (5).

This murottal therapy has indeed been widely used in dealing with anxiety not only as anxiety in pregnancy but can also be used to deal with anxiety that occurs in adolescents or other psychological treatments, with the results of several researchers who have used the murottal therapy method, there are results that murottal therapy can provide calm and minimize 97% of anxiety for those who listen to it, 65% get calm from reading the Qur'an and 35% get calm for themselves (4). Listening to murottal can provide relaxation to calm, attention and peace for pregnant women who experience anxiety. Murottal therapy can produce optimal hormonalization, which can improve psychological, spiritual, social and physical health.

From the results of the survey data conducted during a visit to the Sumbang II Banyumas Health Center, information was obtained that in 2023 unwanted pregnancies reached 7 cases, and these cases stated that there was acceptor failure, the distance was too close to the age of the previous child, and unwanted pregnancies due to promiscuity (6). Meanwhile, in the current study, there were 2 respondents who experienced unwanted pregnancies according to the criteria, namely late use of contraception, a distance that was too close to the previous pregnancy and the age of the patient who was already in the premenopausal period, namely 44 years and a very young age with a risky pregnancy, namely 32 years with her current pregnancy, which is the 4th. With this statement, the current pregnancy is an unwanted pregnancy and feels confused and anxious about her current situation (7). The actions that have been taken by the Sumbang II Health Center when there are KTD patients are nutritional counseling and psychological counseling. However, there is no therapy such as Al-Qur'an murottal therapy, so in this study the action taken by the researcher was to provide murottal therapy to pregnant women with cases of anxiety due to unwanted pregnancies (8).

2 Method

The research method applied is quantitative with case studies, aiming to investigate in detail anxiety and how to overcome anxiety by providing murottal therapy. This study selected patients by selecting patients who best fit the criteria, and there were 2 patients who

experienced unwanted pregnancies according to the criteria, namely the patient did not want her pregnancy because the pregnancy distance was too close to the previous pregnancy, and indeed did not want her pregnancy with an age range that does not match the general gestational age, which is 44 years. Data collection was carried out from July 11 to July 20, 2024, the interview method was used by researchers to collect data, in addition researchers used other methods, namely questionnaires, documentation, conducting anxiety scale tests with Generalized Anxiety Disorder (GAD) measuring instruments. The system in using GAD is by providing a questionnaire that has been prepared by the GAD system through its application, a total of 21 questions and each question has its own score. In measuring the scale, each question has 3 points that describe the frequency, namely:

1. 0: minimal anxiety or no anxiety
2. 1: mild anxiety
3. 2: moderate anxiety
4. 3: severe anxiety

In the GAD method, there is a questionnaire with a maximum score of 63% with detailed categories

1. 0-7%: minimal anxiety or no anxiety
2. 8-15%: mild anxiety
3. 16-25%: moderate anxiety
4. 26-63%: severe anxiety

From the explanation given, the final maximum value or final score can be calculated manually using the symptom score formula obtained compared to the maximum score and then multiplied by 100%.

3 Implementation

In carrying out this case study, data will be collected through procedures that have been determined, such as the time plan that will be carried out when collecting data, determining respondents by looking for respondents who meet the criteria for unwanted pregnancy through the results of the examination when at the research location, namely the Sumbang II Banyumas Health Center with an implementation time starting from July 11 to July 20, 2024. So that the researcher knows that the respondents are pregnant women with anxiety due to unwanted pregnancy. As well as seeking information from the village midwife regarding patients who experience anxiety due to unwanted pregnancy. The researcher has prepared an instrument that will be given to patients when meeting in person, namely 3 surahs of the Qur'an with surah Al-Mu'minun, Ar-Rahman, and Maryam (11).

The researcher will make an agreement with the patient to conduct the research by asking for a signature through a consent form containing that the respondent agrees to conduct the research with the category of unwanted pregnancy. The researcher will conduct a review of the respondent's personal data to complete the required documents, such as anamnesis, physical examination results, and other data, and will review the pregnancy and the mother's current condition (15). So that the researcher can get the assessment data as planned, such as reviewing the anxiety scale condition. The researcher will use the General Anxiety Disorder (GAD) anxiety measurement method. The anxiety measurement method is through an application that has been prepared by GAD, making it easier for researchers to find out the benchmark for each respondent's anxiety scale. The researcher also uses the mural therapy method to overcome and even reduce the anxiety scale.

After conducting a physical examination and conducting an anxiety scale examination and finding results indicating that the patient was experiencing anxiety, the researcher

administered murotal therapy. In administering the 3 surah murotal therapy to the respondents, it was carried out for 7 days, in 7 days the respondents did it twice a day in the morning and evening, it can be done together with the activities that the respondents usually do, and at night when going to bed. In administering murotal therapy to the respondents, the researcher will conduct 2 meetings, namely the first day when the respondents have not been given murotal therapy to obtain pre-administration assessment data for the murotal therapy, and the 2nd meeting on the 7th day when the last day of therapy was given to the respondents, to find out the post-administration assessment data for murotal therapy, so that the researcher can find out the comparison of the results of pre and post administration of murotal therapy to respondents with anxiety due to unwanted pregnancy (17).

4 Results

Participant in study This are 2 patients with pregnancy No desired to experience anxiety as seen in table 1 below This:

Table 1. Subjective and Objective Data on Anxiety in Unwanted Pregnant Women

Data		
a. Subjective data	Respondent 1	Respondent 2
Name	Mother Hospital	Mrs. LF
Education	44 Years	32 Years
Religion	SD	S1
Complaint	The mother said that her period had been late for more than a month and had checked herself. The results showed that she was pregnant, and currently she is still anxious because she is thinking about her 8-month-old child and her current condition.	Mother said that her period had been more than a month late and had been checked, and the results of the examination stated that she was pregnant, and currently she still felt anxious because she was not ready to get pregnant with her busy work and activities.
Menstrual history	Mom said her period was smooth	Mom said her period was smooth
HPHT	Mother said her last period was February 12, 2024	Mother said her last menstruation was around January 18 to 20, 2024.
HPL	Mom said her estimated due date is November 20, 2024.	Mom said her estimated due date is around October 27, 2024.
UK	Mom said she was 21 weeks and 3 days pregnant.	Mom said her pregnancy age was 25 weeks 0 days
Birth History	Mother said that she had given birth 4 times, namely in 1997, 2001, 2017, 2023 and is currently pregnant with her 5th child.	The mother said that she had given birth 3 times in 2016, 2019, 2021 and is currently pregnant with her 4th child.
b. Objective data		
Blood pressure	107/72 mmHg	112/70 mmHg
Beat	83 x/minute	75x/minute
Aspiration	21x/minute	20x/minute
Heavy	54 kg	52 kg
purple	29 cm	24 cents
Stomach	TFU18cm	TFU is 20cm

The research that has been conducted on the provision of murotal therapy for seven days with two repetitions each day, there is a decrease in the level of anxiety in each respondent (18). This method shows that the provision of murotal therapy is able to reduce the level of anxiety of both respondents significantly, as seen in the table below.

Table 2. Subjective and Objective Data on Anxiety in Unwanted Pregnant Women

Respondents	Pre-Score	Category	Post Score	category
Client 1	38%	Severe Anxiety	3%	No Worries
Kien 2	31%	Heavy Anxiety	0%	Don't worry
Average anxiety reduction: 33%				

The data in table 1 shows that there were 2 respondents with complaints of not being able to calm down, worrying, and feeling like signs of pregnancy, namely late menstruation and discomfort in the stomach. The fairly close pregnancy interval also affects the occurrence of unwanted pregnancies. There was 1 respondent who did not use contraception because the respondent thought that the use of contraception was something that was forbidden because basically contraception was the result of the enemy's production, and like rejecting a gift or destiny that had been determined by the Almighty, and if they really wanted to postpone pregnancy, they only used the mestra schedule or manual system. Regarding this perception, it is important to understand why respondents feel anxious, because this belief influences choices related to reproduction and uncertainty about pregnancy. While in general the government implements a family planning program with the aim of reducing the risk to the health of pregnant women and the health of babies. While in the use of manual contraception or through calculating the time of menstruation, it is not possible for pregnancy not to occur. In general, unwanted pregnancies can occur due to age factors, economic factors, occur due to promiscuity and the unpreparedness of pregnant women again with failed contraception. With the occurrence of an unwanted pregnancy, pregnant women can feel restless, uneasy, and even anxious about various things (23).

The data in table 2 shows that in respondent one, the initial anxiety scale was 38% which is included in the severe anxiety category. After being given murotal therapy, the anxiety scale decreased to 3% which is included in the non-anxious category, and in respondent two, the initial anxiety scale was 31% which is also included in the severe anxiety category, and after being given therapy, the anxiety scale decreased to 0% which means that the respondent no longer experiences anxiety. The results of this study indicate that murotal therapy is effective in reducing anxiety levels in pregnant women.

Based on the data obtained, there are pregnant women who are at risk because they are 44 years old and have unwanted pregnancies due to late use of contraception, and have experienced their 5th pregnancy at the age of 44, have various medical risks, psychological risks such as anxiety and social risks. While the best age for pregnant women is 20 to 35 years old and with conditions that are indeed ready. There are also respondents who are still of childbearing age, namely 32 years old, but have experienced pregnancies with a close gap and have experienced their 4th pregnancy. Meanwhile, pregnancies that have a close gap with previous pregnancies have risks to the physical well-being of the mother and fetus. From a medical and psychological perspective (24).

The results of the study showed that before being given murotal therapy, the average anxiety in respondents experienced severe anxiety, some experienced moderate anxiety. After being given murotal therapy, respondents showed a decrease in anxiety levels to no anxiety and some experienced mild anxiety. Previous studies have shown that anxiety in respondents before being given murotal therapy did experience severe and moderate anxiety scales, until after being given murotal therapy there was a significant change, because

listening to the recitation of the holy verses of the Qur'an has been proven to be effective in reducing anxiety (19).

Respondents stated that their anxiety occurred because they were not ready to get pregnant again and were thinking about what the future conditions would be like, because they no longer wanted children, and expressed anxiety about the risk of their current pregnancy, which was quite close to the previous pregnancy, and at the age of 44, they had experienced their 5th pregnancy. And there were other respondents who stated that their anxiety occurred because of an unwanted pregnancy because the respondent's condition was busy and did not use contraception or family planning, and had carried out scheduled family planning by looking at the fertile period, but it was unsuccessful, and at the age of 32, they had experienced their 4th pregnancy. Meanwhile, according to theory, pregnant women who experience anxiety are caused by various factors, such as psychological factors and social factors, and the factor of being too young. In addition, anxiety can arise when the mother finds out that she is pregnant, while the mother has not been able to accept her pregnancy well or is not ready for her current pregnancy condition (20).

Until the researcher chose One method to reduce anxiety is by providing murotal therapy with 3 letters of the Qur'an, namely Surah Maryam, Surah Al-Mu'minun, and Surah Ar-Rahman for 7 consecutive days and in 1-day murotal therapy is carried out 2x in the morning without disturbing the respondent's activities and at night before going to bed. While in theory, providing murotal therapy for 7 days and carried out 2x in 1 day is indeed effective in reducing anxiety (21).

According to Miller, an indicator of someone having spiritual well-being is where someone has strong beliefs, meaning, purpose and hope in life, is able to surrender to feel calm and peaceful, has a habit of praying or being actively involved in religious activities so as to gain peace and health of body and soul. The results of the study also showed that giving murottal Al-Quran has an effect on reducing anxiety in mothers giving birth or pregnant women. When the holy verses in Murotal Al-Quran are recited with tartil. This can have a positive effect on the health and mental peace of the listener. Reading the Al-Quran physically contains a human voice where the sound or chanting can heal miraculously and is affordable by instruments. Sound is effective in reducing stress hormones, naturally activating stress hormones, naturally activating endorphins, increasing feelings of relaxation and diverting feelings of fear, anxiety and tension, increasing the body's chemical system which lowers blood pressure, and slows breathing, heart rate, pulse, and brain wave activity. Deep or slow breathing can cause relaxation, control emotions, deep thinking and better metabolism (26).

After being given murotal therapy, respondents who experienced anxiety due to unwanted pregnancy experienced a decrease in anxiety, this can happen because by being given murotal therapy, respondents can feel a calming effect and reduce anxiety through spiritual and physiological relaxation that can stimulate the nervous system which can relieve anxiety felt by pregnant women due to unwanted pregnancy and can increase neurotransmitters or stimulation of the release of endorphins known as the hormone of happiness so that it provides a calming effect. Thus, murotal therapy can provide benefits through its chanting and provide physiological and psychological effects that this method is effective in handling reducing anxiety in pregnant women with unwanted pregnancy conditions (12).

Previous research results showed that giving murotal therapy can reduce anxiety, this is supported by Gofur's 2022 study which explained that Al-Quran therapy can bring calm to 97% of its listeners. Proven by research conducted by Rosyanti in 2022 that the verses of the Al-Quran can reduce stress hormones and activate natural endorphins, as well as calm in

anxious conditions. And from the results of the decrease in anxiety after giving murotal therapy, it can be said that the effect of murotal therapy has succeeded in reducing the anxiety felt by sufferers (22).

5 Conclusion And Suggestions

Murotal therapy with surah Ar-Rahman, Al-Mu'minun, and Maryam given twice a day for seven days, successfully reduced anxiety from high levels to no anxiety or mild anxiety. With these results, murotal therapy can be given to overcome anxiety in unwanted pregnancies.

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